



Darnall Health Promotion Program
"Caring for the Community"

Darnall Health Promotion Program
254-288-8488

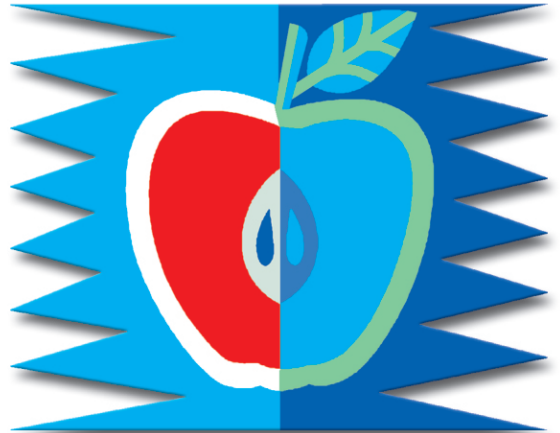
Department of Preventive Medicine
USA MEDDAC, Fort Hood, Texas



*Public Affairs Office
Darnall Army Community Hospital
Fort Hood, Texas 76544-4752
www.hood-meddac.army.mil*

*FH MDA HO 521
1 March 2003*

SELF-CARE PROGRAM



Darnall Health Promotion Program



Darnall
Army Community Hospital
Fort Hood, Texas
www.hood-meddac.army.mil

What is Self-Care?

Self-Care is an educational program open to all TRICARE Prime and TRICARE for Life beneficiaries.

The self-care class focuses on guidelines for healthy living, home treatment for minor illnesses and injuries, and recognizing the need for urgent medical care.

The Self-Care Program was developed to increase individual wellness by empowering soldiers and families to be responsible for personal health.



Upon completion of a one-time, one-hour class, participants receive a card which enables them to receive limited quantities of over-the-counter (OTC) medications without a provider's prescription, along with guidance for use from a staff pharmacist.

How do I sign up?

To enroll in a class, call the Patient Appointment Service at 288-8888. Special classes for units and battalion-level Family Readiness Groups (FRGs) are available upon request by calling the Health Promotion Program at 288-8488.

For questions about the Self-Care Program, please call the Health Promotion Program, 254-288-8488.